



## September JVA Club of the Month



**MINNESOTA  
VOLLEYBALL  
HEADQUARTERS**

**Minnesota Volleyball Headquarters**

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15s: ClubX (new for 2011-2012 season)

12s-14s: JanRie Club

MVHQ has approached the volleyball business with a different outlook. They believe a player's volleyball life span is ranges from the age of 4 to about 55. Of course, MVHQ's oldest client was 75 years old; so, 55 might be too young. MVHQ's services are made of two disciplines: indoor and sand. They partner with about 11 different organizations and that number is constantly growing.

The club's youngest participants (4-11) learn volleyball in a recreational environment that sets the tone for their volleyball journey. Volleyball is fun, creative, energetic and exciting. Programs are strong in fundamentals with an introduction to competition and team lessons.

Once a player decides to advance into more structured volleyball, club is offered. Now, all the team lessons are in full swing and fundamental techniques will be built upon. Players from the ages of 12-18 will advance into the world of competition.

Once a player graduates from high school, volleyball becomes a part of the college experience or a faded memory. The great news is MVHQ has a place for the adult player. They offer club services for the working adult. Structured volleyball does not end at high school or college. It can continue even after marriage and babies. MVHQ has about five to seven teams (men and women) who compete during the indoor season. Teams practice once a week and compete weekly. Many adult players get connected into the Minnesota volleyball community through MVHQ.

MVHQ has a social media presence with Facebook and Twitter and also communicates with its participants through their Newsletter. The mission of MVHQ says it all: "Our passion is people. Our sport is volleyball. It keeps us living strong and healthy. No matter the age, the gender or the skill level — we train, we educate and we play!"

Interested in nominating your club for JVA Club of the Month? [Here's how.](#)